

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A292 – CHERRIES, DRIED, RED TART, PITTED, 2 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruit
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better (U.S. Grade A for pits) pitted red, tart cherries, osmotically dried. The cherries may have sugar or other sweeteners added.
PACK/YIELD	<ul style="list-style-type: none"> 8/2 lb bags per case. One 2 lb bag AP yields about 5¾ cups dried cherries and provides about 23.6 ¼-cup servings dried fruit. One lb AP yields 1 lb (about 2⅞ cups) dried cherries and provides about 11.8 ¼-cup servings dried fruit. CN Crediting: ¼ cup dehydrated cherries provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store the dried cherries in a cool, dry place, off the floor and away from walls to allow for circulation of air. To maintain freshness once the case has been opened, tightly close the poly bag package. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Dried cherries may be eaten plain or in a variety of dishes.



Nutrition Information

Cherries, dried, sweetened

	¼ cup (33 g)	½ cup (66 g)
Calories	112	224
Protein	0.95 g	1.89 g
Carbohydrate	27.01 g	54.02 g
Dietary Fiber	1.4 g	2.8 g
Sugars	19.61 g	39.22 g
Total Fat	0.05 g	0.09 g
Saturated Fat	0.00 g	0.00 g
Trans Fat	0.00 g	0.00 g
Cholesterol	0 mg	0 mg
Iron	1 mg	2 mg
Calcium	28 mg	56 mg
Sodium	2 mg	4 mg
Magnesium	N/A	N/A
Potassium	214 mg	428 mg
Vitamin A	189 IU	378 IU
Vitamin A	N/A	N/A
Vitamin C	0.0 mg	0.0 mg
Vitamin E	N/A	N/A



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USES AND TIPS	<ul style="list-style-type: none">• Dried cherries are ready to eat or may be added to rice dishes, hot or cold cereals, puddings, and baked items. They may be combined with nuts or granola to make a trail mix.• Dried cherries are a good addition to salad bars.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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